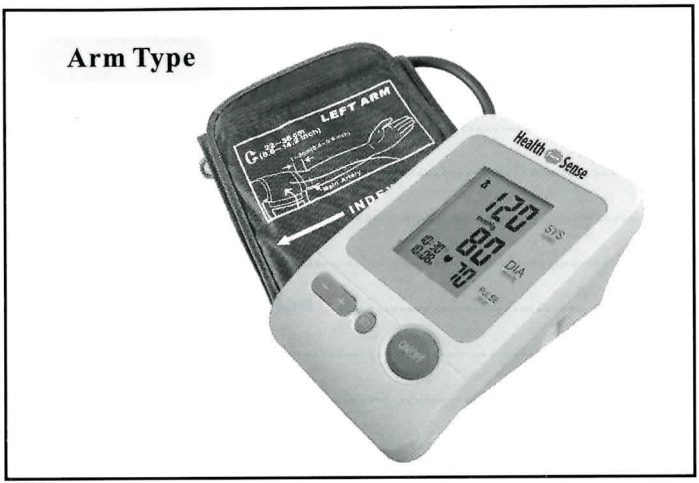
Health Sense

Owner's Manual

Arm-type Fully Automatic
Blood Pressure Monitor
Model BP-1303



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Thank you for purchasing the BP-1303 Blood Pressure Monitor. The BP-1303 Blood Pressure Monitor uses the oscillmetric method of blood pressure measurement to measure the systolic, diastolic and pulse rate of an adult.

Please read this manual thoroughly before using the unit. Please retain this manual for future reference. For specific information about your blood pressure, please CONSULT YOUR DOCTOR.

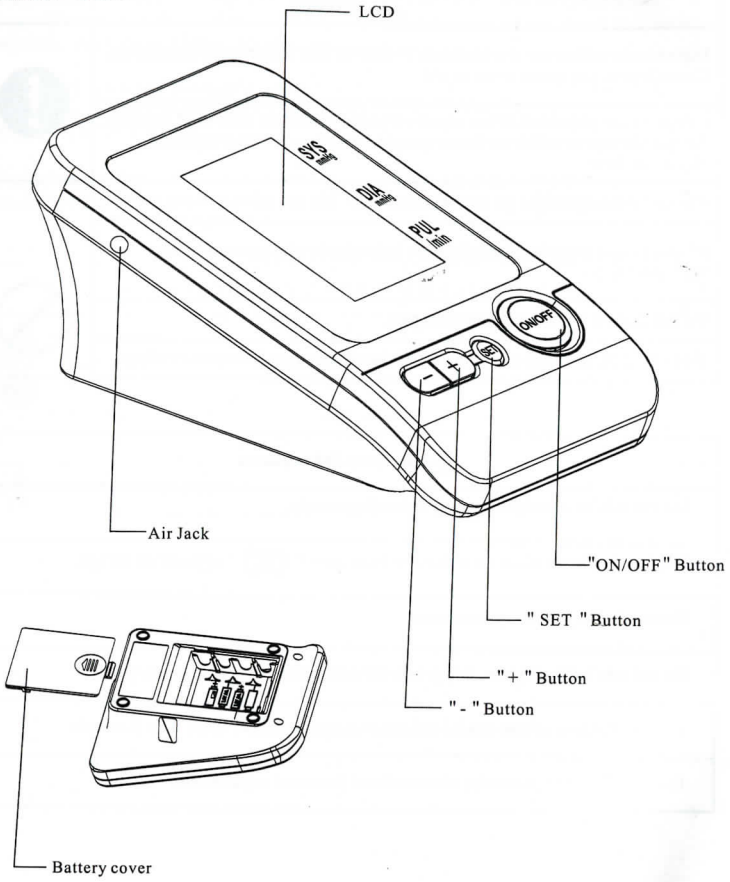
To avoid risk and damage follow all warning precautions. Operate unit only as intended. Read all instructions prior to use.

WARNING SIGNS AND SYMBOLS USED	
⚠	Caution
❗	Mandatory
⃠	Prohibited
🚹	Type B Applied Part

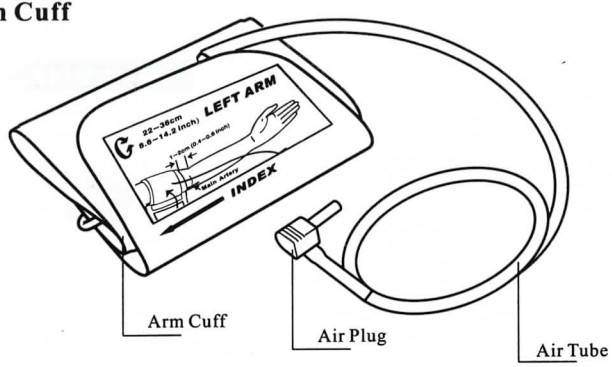
⚠ Caution	
Individuals with serious circulation problems may experience discomfort. Consult your physician prior to use.	❗
Contact your physician if test results regularly indicate abnormal readings. Do not attempt to self-treat these symptoms without consulting your physician first.	
Product is designed for its intended use only. Do not misuse in any way.	⃠
Product is not intended for infants or individuals who cannot express their intentions.	
Do not disassemble or attempt to repair.	
Do not use cell phones near the unit as they may cause incorrect readings.	

⚠ Battery Precautions
Do not mix new and old batteries simultaneously.
Replace batteries when *Low Battery Indicator* " " appears on screen.
Be sure battery polarity is correct.
Do not mix battery types. Long-life alkaline batteries are recommended.
Remove batteries from device when not in operation for more than 3 months.
Dispose batteries properly; observe local laws and regulations.

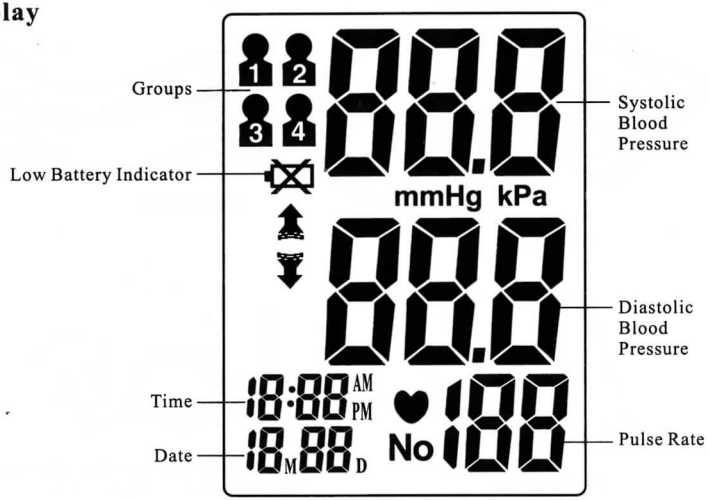
Monitor Unit



Arm Cuff



Display



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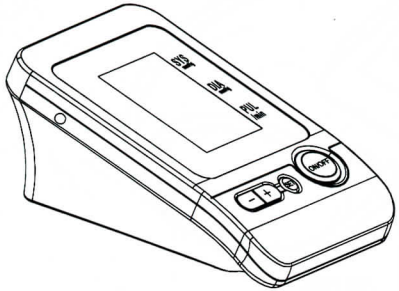
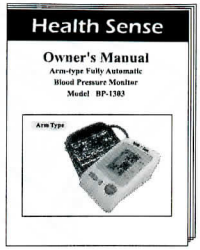
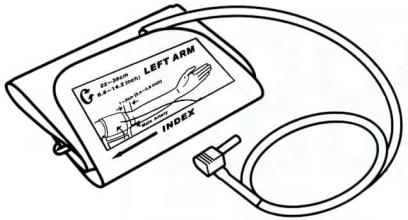


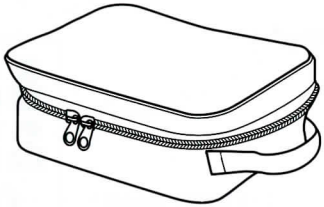
Monitor Unit



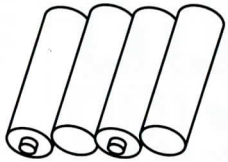
Owner's Manual



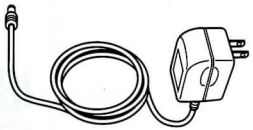
Arm Cuff



Storage Case



4 AA Batteries



Medical AC Adapter(DC6.0 V,1000mA)
(recommended, not provided)

1. Avoid eating, exercising, and bathing for 30 minutes prior to testing.
2. Sit in a calm environment for at least 5 minutes prior to testing.
3. Do not use cell phones and other devices, which generate strong electrical or electromagnetic fields, near the device, as they may cause incorrect readings.
4. Avoid speaking or moving body parts while testing.
5. While testing, avoid strong electromagnetic interference such as microwave ovens and cell phones.
6. Wait 3 minutes or longer before re-testing.
7. Try to measure your blood pressure at the same time each day for consistency.
8. Test comparisons should only be made when monitor is used on the same arm, in the same position, and at the same time of day.
9. This blood pressure monitor is not recommended for people with severe arrhythmia.

1. Install batteries. (See Figure A)
2. Insert cuff air plug into the left side of monitor unit. (See Figure B)

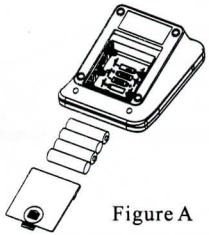


Figure A

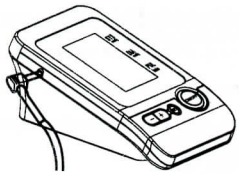


Figure B

3. Remove thick clothing from the arm area.
4. Rest for several minutes prior to testing. Sit down in a quiet place, preferably at a desk or table, with your arm resting on a firm surface and your feet flat on the floor. (See Figure C)

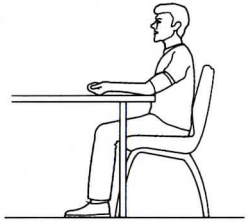


Figure C

5. Apply cuff to your left arm and keep level with your heart. Bottom of cuff should be placed approximately 1-2cm (1/2") above elbow joint. (See Figures D&E)

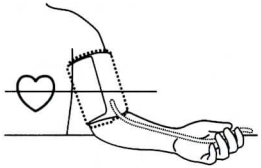


Figure D

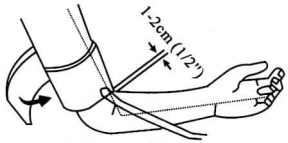


Figure E

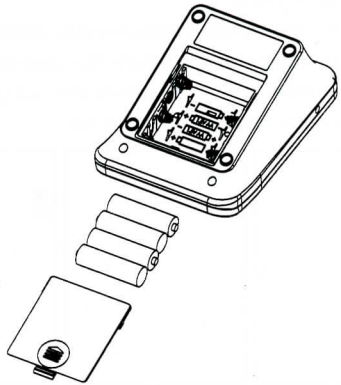
6. Press " ON/OFF " Button to start testing.

Battery Installation

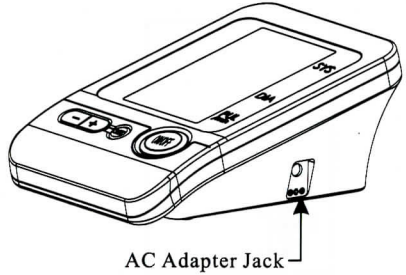
Slide battery cover off as indicated by arrow.

Install 4 new AA alkaline batteries according to polarity.

Close battery cover.



AC Adapter jack is on the right side of the monitor. Medical AC adapter(DC 6.0 V,1000mA) can be used with the device (recommended, not provided). The adapter connect pin should be positive inside and negtive outside with a 2.1mm coaxial joint.
Do not use any other type of AC adaptor as it may harm the unit.

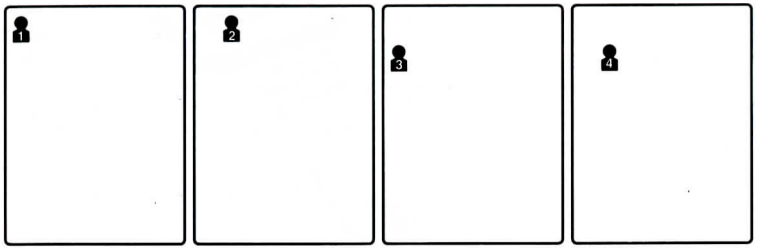


System Settings

With power off, press "SET" button to activate System Settings. The Memory Group icon flashes.

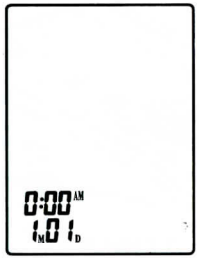
1. Select Memory Group

   While in the System Setting mode, you may accumulate test results into 4 different groups. This allows multiple users to save individual test results (up to 30 memories per group.) Press " + " or " - " button to choose a group setting. Test results will automatically store in each selected group.



2. Time /Date Setting

   Press "SET" button again to set the Time/Date mode. Set the month first by adjusting the " + " or " - " button. Press "SET " button again to confirm current month. Continue setting the day, hour, and minute in the same fashion. Every time the " SET " button is pressed, it will lock in your selection and continue in succession (month, day, hour, minute.)



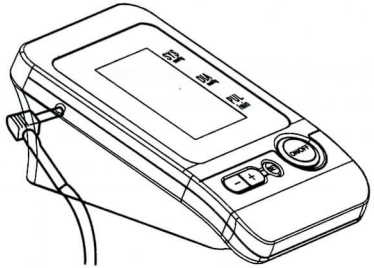
3. Saved Settings

   While in any setting mode, press " ON/OFF " button to turn the unit off. All information will be saved.

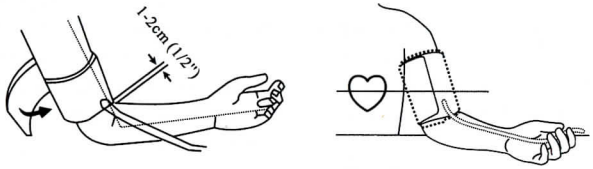
Note: If unit is left on and not in use for 3 minutes, it will automatically save all information and shut off.

Applying the Arm Cuff

1. Firmly insert air plug into opening located on left side of monitor unit.



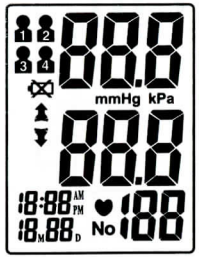
2. With sticky nylon section facing outward, insert end of cuff underneath metal ring of cuff.
3. Fasten cuff about 1-2cm (1/2") above the elbow joint. For best results apply cuff to bare arm and keep level with heart while testing.



Note: Do not insert air plug into opening located on right side of monitor unit. This opening is designed for an optional power supply only.

Testing

1. Power On
   Press and hold " ON/OFF " button until a beep sounds. The LCD screen will appear for one second as unit performs a quick diagnosis. A long tone indicates device is ready for testing.



Note: Unit will not function if residual air from previous testing is present in cuff.
The LCD will flash " ▼ " until pressure is stabilized.

2. Pressurization

Initial pressure is first pumped to 190 mmHg. If the current user's systolic blood pressure is over 190mmHg, the unit will automatically re-inflate to the proper shelf.

Note: Pressurization will gradually subside and ultimately stop when cuff is not properly applied to the arm. If this occurs, reposition the cuff and continue by pressing the " ON/OFF " button.

3. Testing

After cuff inflation, air will slowly subside as indicated by the corresponding cuff pressure value. A flashing " ♥ " will appear simultaneously on screen signaling heart beat detection.

Note: Keep relaxed during testing. Avoid speaking or moving body parts.

4. Result Display

Three short beeps sound when testing is complete. The screen will display measurements for systolic and diastolic blood pressure.

Note: Refer to Page 22 for detail Blood Pressure Information.

5. Deleting/Storing Test Results

User may delete their current test result due to unfavorable testing conditions or for any other reason. To delete the last test result, press the "SET" button after result is displayed. If result is not deleted, it will automatically store by date within the previously configured Memory Group.

Note: Be sure the appropriate Memory Group selection is made prior to testing.

If the number of tests surpasses the allotted 30 memories per group, the most recent tests will appear first, thus eliminating the oldest readings.

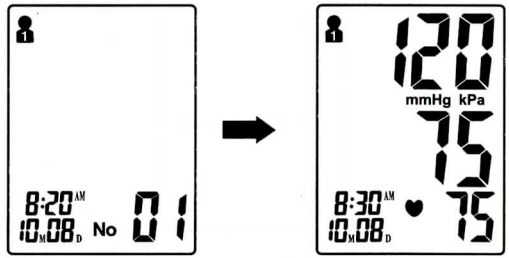
Power Off

Press " ON/OFF " button in any mode to turn off device. Unit automatically turns off after 3 minutes of inactivity.

⚠ Safety Precaution: If pressure in arm cuff becomes too extreme while testing, press the " ON/OFF " button to turn power off. The cuff pressure will rapidly dissipate once the unit is off.

Memory Check

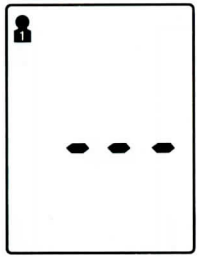
With power off, you may check past test results by using the " + " or " - " buttons. The most recent test result can be viewed by pressing and holding the " + " button. The oldest test result in memory can be viewed by pressing and holding the " - " button. Upon activating test results, you can press the " + " or " - " buttons to scroll through all test results stored in memory.



Note: Previous test results will only be displayed from the most recently used memory group. To check previous test results in other memory groups, you must first select the desired group and then turn monitor off.
(See "Select Memory Group" on Page 10.)

Memory Deletion

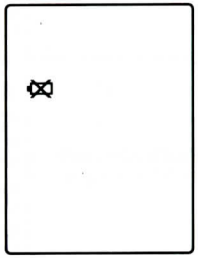
Memory for a selected group may be deleted while in Memory Check mode. Press and hold the " SET " button for approximately 3 seconds to delete all memory records from the selected group. The monitor will beep indicating successful deletion and then transfer into testing mode. Press the " ON/OFF " button to turn the unit off.



Note: Memory cannot be recovered once it has been deleted.

Low Battery Indicator

4 short warning beeps sound when battery life is depleting and unable to inflate cuff for testing. The " " appears simultaneously for approximately 5 seconds prior to shutting off. Replace batteries at this time. No memory loss will occur throughout this process.



Troubleshooting

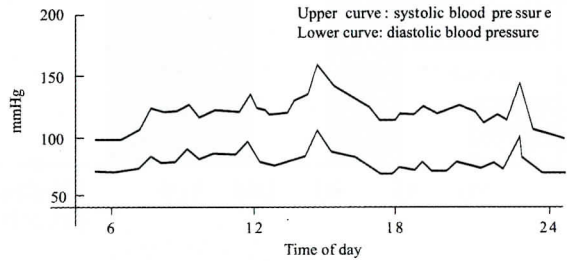
Problem	Possible Cause	Solution
Blood pressure results are not within typical range	Cuff is too tight or not properly positioned on the arm	Firmly reposition cuff approximately1-2cm") above the elbow joint (See Page 12)
	Inaccurate test results due to body movement or monitor movement	Sit in a relaxed position with arm placed near heart. Avoid speaking or moving body parts while testing. Make sure the monitor unit is placed in a stationary position throughout the testing period. (See Page 7)
" Err "displayed	Cuff fails to inflate properly	Make sure hose is properly fastened to cuff and monitor unit
	Improper operation	Read user manual carefully and re-test properly.
	Pressurization is over 300mmHg	Read user manual carefully and re-test properly.

Blood Pressure

Blood pressure is the force of blood pushing against the walls of arteries. It is typically measured in millimeters of mercury (mmHg.) Systolic blood pressure is the maximum force exerted against blood vessel walls each time the heart beats. Diastolic blood pressure is the force exerted on blood vessels when the heart is resting between beats.

An individual's blood pressure frequently changes throughout the course of a day. Excitement and tension can cause blood pressure to rise, while drinking alcohol and bathing can lower blood pressure. Certain hormones like adrenaline (which your body releases under stress) can cause blood vessels to constrict, leading to a rise in blood pressure.

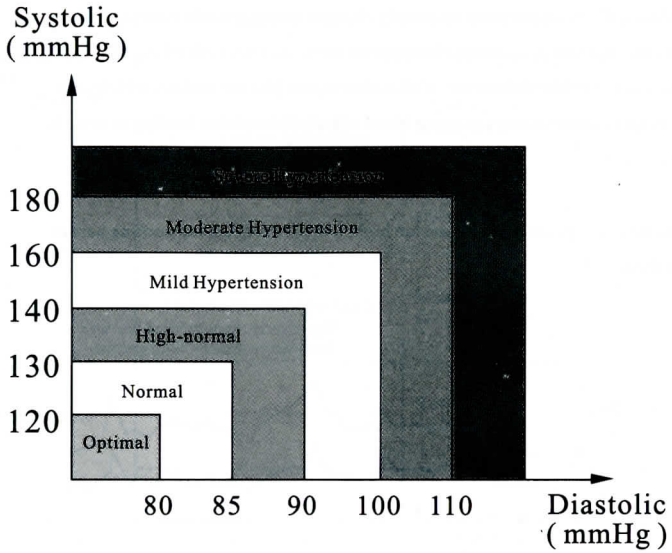
If these measuring numbers become too high, it means the heart is working harder than it should.



Example: fluctuation within a day (male, 35 years old)

Health Reminder

Hypertension is a dangerous disease that can affect the quality of life. It can lead to a lot of problems including heart failure, kidney failure, and cerebral hemorrhaging. By maintaining a healthy lifestyle and visiting your physician on a regular basis, hypertension and relative diseases are much easier to control when diagnosed in their early stages.



Note: Do not be alarmed if an abnormal reading occurs. A better indication of an individual's blood pressure occurs after 2-3 readings are taken at the same time each day over an extended period of time. Consult your physican if test results remain abnormal.

Q: What is the difference between measuring blood pressure at home or at a professional healthcare clinic?

A: Blood pressure readings taken at home are now seen to give a more accurate account as they better reflect your daily life. Readings can be elevated when taken in a clinical or medical environment. This is known as White Coat Hypertension and may be caused by feeling anxious or nervous.

Note: Abnormal test results may be caused by:

1. Improper cuff placement
   Make sure cuff is snug-not too tight or too loose.
   Make sure bottom of the cuff is approximately 1-2cm (1/2") above the elbow joint.
2. Improper body position
   Make sure to keep your body in an upright position.
3. Feeling anxious or nervous
   Take 2-3 deep breaths, wait a few minutes and resume testing.

Q: What causes different readings?

A: Blood pressure varies throughout the course of a day. Many factors including diet, stress, cuff placement, etc. may affect an individual's blood pressure.

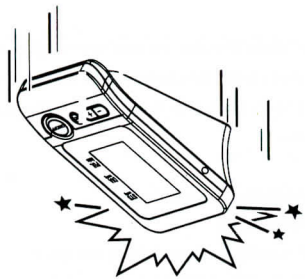
Q: Should I apply the cuff to the left or right arm? What is the difference?

A: Either arm can be used when testing, however, when comparing results, the same arm should be used. Testing on your left arm may provide more accurate results as it is located closer to your heart.

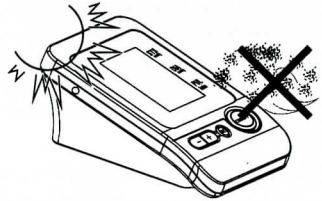
Q: What is the best time of day for testing?

A: Morning time or any time you feel relaxed and stress free.

1. Avoid dropping, slamming, or throwing the unit.

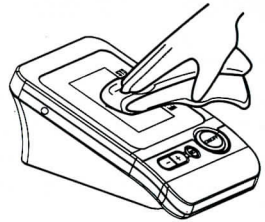


2. Avoid extreme temperatures. Do not expose unit directly under sunshine.



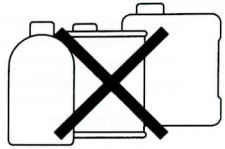
3. When cleaning the unit, use a soft fabric and lightly wipe with mild detergent.

   Use a damp cloth to remove dirt and excess detergent.

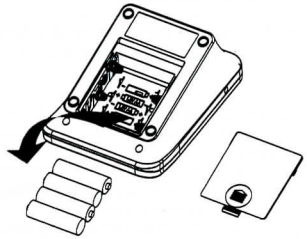


4. Cuff Cleaning: Do not soak cuff in water! Apply a small amount of rubbing alcohol to a soft cloth to clean cuff's surface. Use a damp cloth (water-based) to wipe clean. Allow cuff to dry naturally at room temperature.

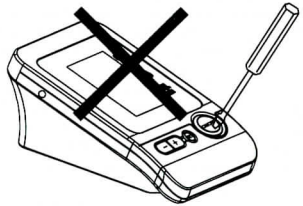
5. Do not use petrol, thinners or similar solvents.



6. Remove batteries when not in operation for an extended period of time.



7. Do not disassemble product.



8. It is recommended the performance should be checked every 2 years.

Product Description	Arm-type Fully Automatic Digital Blood Pressure Monitor	
Model	BP-1303	
Display	LCD Digital Display Size: 62.7mm × 46.4mm (2.47" x1.83")	
Measurement Method	Oscillometric Method	
Measurement Range	Pressure	0mmHg ~ 300mmHg
	Pulse	30 to 180 Beats/Minute
Measurement Accuracy	Pressure	± 3mmHg
	Pulse	± 5%
Pressurization	Automatic Pressurization	
Memory	120 Memories in Four Groups with Date and Time	
Function	Low Battery Detection	
	Automatic Power-Off	
Power Source	4 AA batteries	
Battery Life	Approximately 2 months at 3 tests per day	
Unit Weight	Approx.395g (13.95 oz.) (excluding battery)	
Unit Dimensions	Approx.110 x 155 x 70mm (4.33" x 6.10" x 2.76")(L x W x H)	
Cuff Circumference	22.0cm ~ 36.0 cm (8.6" ~ 14.2")	
Operating Environment	Temperature	5℃ ~ 40℃ (41 ℉~104 ℉)
	Humidity	<85% RH
	Pressure	Atmospheric Pressure
Storage Environment	Temperature:	-10℃~55℃ (14 ℉~131 ℉)
	Humidity	<95% RH
	Pressure	525mmHg ~ 795mmHg
Classification:	Internal Powered Equipment,Type B , Cuff is the Applied Part	

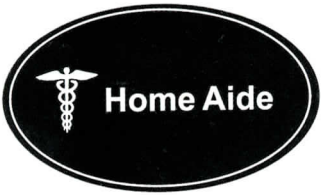
This device complies with the previsions of EC directive 93/42/EEC (Medical Device Directive.) It is designed according to the European Standard EN1060, Noninvasive sphygmomanometers Part 1: General Requirements and Part 3: Supplementary requirements for electromechanical blood pressure measuring systems.

Correct Disposal of This Product
(Waste Electrical & Electronic Equipment)

This marking shown on the product indicates that it should not be disposed with other household waste at the end of its life. To prevent potential harm to the environment or to human health, please separate this product from other types of wastes and recycle it responsibly. When disposing this type of product, contact the retailer where product was purchased or contact your local government office for details regarding how this item can be disposed in an environmentally safe recycling center.
Business users should contact their supplier and check the terms and conditions of the purchasing agreement. This product should not be mixed with other commercial wastes for disposal. This product is free of hazardous materials.

Warranty

We warrant this product to be free from manufacturing defects for a period of 2 years from the original date of consumer purchase. We gladly offer a free exchange and lifetime repair due to manufacturing defects. Please contact local retailer for details.



Distributed by:
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